MANITOBA

SCHOOL NUTRITION HANDBOOK

Getting Started with Guidelines and Policies

Healthy Kids,
Healthy Futures

Healthy Child Manitoba
Putting children and families first

Manitoba

Manitoba School Nutrition Handbook
Getting Started with Guidelines and Policies

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FOREWORD

Healthy eating and activity are central elements of healthy living for school-age children. Establishing good habits and routines in childhood is also important for future adult well-being. In Manitoba, over the past few years there has been increasing concern about poor nutrition in children. It is related to overweight and obesity on one hand, and hunger and food security on the other. Other food-related concerns include dental decay, bone health, and chronic diseases such as diabetes. All are increasingly prevalent in the child age population.

In 2004 the provincial government launched the Healthy Kids, Healthy Futures All-Party Task Force to engage Manitobans across the province in talking about how to promote healthy eating and active living for young people. The task force report was released in June 2005, and the provincial government has accepted all recommendations. As one strategy to address healthy eating, the task force recommended that the provincial government increase access to nutritious foods in schools. Specifically it called on government to:

- require all schools to have a written school food and nutrition policy as part of their school plan
- provide model policy statements as examples, to help schools or school divisions develop specifics to suit local needs and circumstances
- provide *Guidelines for Foods Served at Schools* as well as a series of tools and resources to help schools take action

The report also recommended:

- schools report annually to parent advisory councils and Manitoba Education, Citizenship and Youth on actions taken on written school food and nutrition policies
- the task force recommendations be phased in over two years beginning in 2006/2007 school year for Grades K to 6; Grades 7 to 12 in 2007/2008 school year

This handbook is designed to help school communities develop nutrition policies and implement changes to promote healthier eating options. Our goal is to provide practical guidelines that can be adapted to reflect local priorities.

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PURPOSE

Food is an integral part of school life. Whether it is served in cafeterias, canteens, tuck shops or vending machines; offered as part of breakfast programs; used for fundraising or special events; or is a subject for curriculum instruction, food plays an important role in the school day.

The Manitoba School Nutrition Handbook has been developed to help school communities to:

- promote healthy eating, consistent with what is taught in the school curriculum,
- make the healthy choice the easy choice, and
- support students in establishing healthy eating habits for a lifetime.

The guidelines in this handbook apply to foods that may be sold in, or provided by, schools in Manitoba. They are not intended to evaluate the food students bring into schools, although the nutrition information may be helpful to parents and communities.

WHAT RESEARCH TELLS US

Nutrition and Learning

- Healthy eating helps children grow, develop and do well in school.
- A healthy diet makes children more settled, attentive and ready to learn.
- Poor nutrition is associated with poorer learning outcomes.
- Children at nutritional risk have significantly poorer attendance and punctuality. Their grades suffer and they are more likely to have behavior problems.
- Well-nourished students who skip breakfast, perform poorly on tests and are less able to concentrate.

Healthy Eating and the School Environment

- A healthy school nutrition environment reinforces curriculum learning and offers students an opportunity to practise newly learned skills.
- Establishing policies that create a supportive nutrition environment in schools will provide students with the skills, opportunities and encouragement they need to adopt healthy eating patterns.

Nutrition and Child Health

Good nutrition is vital for healthy growth and development.

- Seven out of 10 children aged four to eight do not eat the recommended daily minimum of five servings of vegetables and fruit.
- Only 36 per cent of adolescents between 12 and 19 years of age have five or more servings of vegetables and fruit a day.
- More than one-third of children, aged four to nine did not have the minimum recommended two servings of milk products a day. By ages 10 to 16, about 61 per cent of boys and 83 per cent of girls did not meet their recommended daily minimum of three servings.
- Canadians of all ages get more than one-fifth of their calories from "other foods," food and beverages that are not part of the four major food groups.

Healthy eating helps prevent problems such as obesity, heart disease, diabetes, dental cavities and osteoporosis.

- For 12 to 17 year olds, the overweight rate has more than doubled, and the obesity rate has tripled in the last 25 years.
- In Canada, 18 per cent of children aged two to 17 are overweight and just over eight per cent are obese. In Manitoba, for the same age group numbers are higher – 22 per cent of children are overweight and nine per cent are obese.
- Obese children have damaged arteries comparable to those of a 45-year-old adult who had been smoking for more than 10 years.
- About 40 per cent of adult bone is built during the two years before and after puberty.

Guidelines for Foods Available in K to 12 Schools in Manitoba

The following information is intended to assist those making decisions about what food will be available in or promoted by schools.

These guidelines apply to foods that may be sold in, or provided by, schools in Manitoba. They are not intended to evaluate the food students bring into schools, although the nutrition information may be helpful to parents and communities.

The guidelines are organized according to *Canada's Food Guide to Healthy Eating* and include:

- lists of food to be offered from each food group, based on nutritional standards. Food is grouped according to what should be available most often, occasionally or rarely.
- suggestions for appropriate serving sizes
- what to look for on labels
- tips to make food choices more nutritious

How you choose to use these guidelines in your school will depend on the food available in your community, budget and the usual use of food in your school. The transition to having most food in your school come from the 'choose most often' list may take some time. Engaging the whole school community in the process and decision-making will increase the chance of successful change.

The food lists do not exclude potential food allergens. Information on managing food allergies in schools can be found in *Anaphylaxis: A Handbook for School Boards (2001), Canadian School Boards Association.*

For more information check out:

- Anaphylaxis Canada **www.Safe4Kids.ca**
- Canadian Food Inspection Agency **www.inspection-gc.ca**
- Allergy Asthma Information Association **www.aaia.ca**
- Food Allergy and Anaphylaxis Network **www.foodallergy.org**

Guidelines for Foods Available in K to 12 Schools in Manitoba

GRAIN PRODUCTS

Check labels to choose the healthiest GRAIN PRODUCTS

- Choose whole grain and enriched products 50 per cent of the time.
- Whole grains including whole wheat flour, oats, oatmeal, oat bran, barley, rye, multigrains and pumpernickel are the best choices.
- Sugar, fat and salt should be closer to the end of the ingredient list.
- Choose grain products without trans fat.

Per serving of grain products, note:

- fat – less than 8 g
- fibre – more than 2 g
- sodium – less than 480 mg
- iron – 5 per cent or more
- sugar –12 g or less

What does a SERVING SIZE of GRAIN PRODUCTS look like?

- 1 slice bread (size of a CD case)
- 1 bowl (30 g) cold cereal
- 175 mL (3/4 cup) hot cereal
- 1/2 bagel, pita or bun (size of a hockey puck)
- 125 mL (1/2 cup) rice or pasta (size of a small cupcake wrapper)
- 1 pancake or waffle (size of a CD)

GRAIN PRODUCTS that should be served MOST OFTEN

- bread
- roll
- bun
- English muffin
- bagel
- pita bread
- baked bannock (made with vegetable oil)
- corn bread
- pizza crust
- bread stick
- melba toast
- roti
- corn or wheat tortilla
- paposeco
- pittu
- rice cake
- cracker
- popcorn
- low sugar breakfast cereal
- pasta and noodles
- barley
- rice – brown, parboiled, converted or wild
- grain-based bar
- whole grain or fruit muffin

GRAIN PRODUCTS that can be served SOMETIMES (3 to 4 times per month)

- biscuit
- muffin
- loaves
- scone
- pancake
- crouton
- sweetened cereal
- sweetened instant oatmeal
- cream of wheat
- granola
- granola bar, cereal bar (not dipped)
- cookies made with oatmeal, peanut butter or fruit
- graham cracker
- date square
- banana bread

OTHER FOODS that can be served RARELY (1 to 2 times per month or less)

These choices offer little nutrition for growing minds and bodies. If small portions of these foods are offered, pair them up with healthier foods when possible.

- pastry
- donut
- cake, cupcake, cake muffin
- sticky bun
- cookie with sweet filling or icing
- dipped granola bar
- flavored popcorn
- rice crispy cake
- puffed wheat cake
- instant noodles
- packaged noodle soup
- fried rice
- bread stuffing
- toaster pastry
- frozen waffle

GRAIN PRODUCT snacks that are better choices for a canteen or vending machine

- granola bar (plain)
- whole grain fruit bar
- rice cakes
- pita bread
- plain or light popcorn
- bagel
- animal cracker
- graham cracker
- cereal
- cracker
- cookies made with oatmeal, peanut butter or fruit

Tips to make GRAIN PRODUCT choices more nutritious

- If you usually sell sandwiches made with white bread, try using one white slice and one whole wheat slice.
- Buy or make bread, bannock and baked goods with vegetable oil.
- If using margarine, mayonnaise or other spreads for a sandwich, serve them on the side or spread on one side of the sandwich, instead of both.
- If you serve sweetened cereal, mix it with a cereal higher in fibre and lower in sugar to boost nutrition.

Guidelines for Foods Available in K to 12 Schools in Manitoba

VEGETABLES AND FRUIT

Check labels to choose the healthiest VEGETABLES and FRUIT

- Choose dark green vegetables and orange fruit more often.
- Vegetable or fruit should be listed as the first ingredient on the ingredient list.

Per serving of vegetables and fruit, note:

- fat – less than 5 g
- sodium – less than 480 mg

What does a SERVING SIZE of VEGETABLES and FRUIT look like?

- 1 medium size vegetable or fruit (size of a tennis ball)
- 60 mL dried fruit (size of a small box of raisins)
- 125 mL (1/2 cup) fresh, frozen or canned vegetables or fruit (size of a computer mouse)
- 250 mL (1 cup) salad (size of a softball)
- 125 mL (1/2 cup) juice

VEGETABLES and FRUIT that should be served MOST OFTEN

- vegetables – fresh, frozen, canned
- baked fries – fresh potato wedges or slices (may be tossed in oil)
- vegetable and tomato soup
- tomato sauce
- salsa
- 100 per cent vegetable and tomato juices
- fruit – fresh, frozen, canned, dried
- frozen fruit juice bar
- apple sauce, other fruit sauce
- 100 per cent fruit/vegetable bar
- 100 per cent fruit juice – 125-250 mL

VEGETABLES and FRUIT that can be served SOMETIMES (3 to 4 times per month)

- vegetables with sauce
- fruit crisp
- fruit in syrup
- sweetened fruit juice
- fruit/potato filled boiled perogies
- jams, jellies or marmalade

OTHER FOODS that can be served RARELY (1 to 2 times per month or less)

These choices offer little nutrition for growing minds and bodies. If small portions of these foods are offered, pair them up with healthier foods when possible.

- deep fried vegetables
- fried perogies
- hash brown potato
- fruit flavored drink crystals, fruit beverages, cocktails, nectars, drinks, punches, blends, slushes
- fruit pies, pastries
- candy or chocolate coated fruit
- fruit gummies, fruit-flavored snacks
- gelatin fruit cup
- fruit leather
- fruit chips
- potato chips
- pickles

VEGETABLE and FRUIT snacks that are better choices for a canteen or vending machine

- fresh vegetables
- salads with dressing on the side
- fresh fruit
- canned fruit cups
- dried fruit
- 100 per cent fruit/vegetable bar
- frozen fruit juice bar

Tips to make VEGETABLE and FRUIT choices more nutritious

- There are seven different colors of vegetables and fruit, ranging from white to purple; remember to add variety to boost nutrition.
- If selling large portions of 100 per cent fruit juice (over 250 mL), make screw-top containers available so you don't have to drink it all at once.
- Drain and rinse fruit that's canned in syrup before eating.
- When possible, leave the peel on fruit for more fibre and nutrients.
- Serve dressing, sauce or dip on the side.
- Check your local flyer for promotions of fresh or frozen vegetables and fruit before menu planning. Serve what's on sale and in season to get the best price and most nutrition.
- Try smashed potatoes in your cafeteria. Mash baked potatoes with the skin on, drizzle with vegetable or olive oil, lightly season and bake at a high heat until crisp. They're a delicious alternative to french fries.

Guidelines for Foods Available in K to 12 Schools in Manitoba

MILK PRODUCTS

Check labels to choose the healthiest MILK PRODUCTS

- Choose lower-fat milk products more often.
- Milk, evaporated milk, skim milk powder, milk solids or modified milk solids should be listed as one of the first ingredients.

Per serving of milk, note:

- sugar – 20 g or less
- sodium – 480 mg or less
- calcium – 15-25 per cent or more of the daily value
- fat
  - 2 per cent milk fat (MF) or less for milk, milk based beverages and yogurt
  - 20 per cent milk fat (MF) or less for cheese
  - 5 g or less for frozen desserts

What does a SERVING SIZE of MILK PRODUCTS look like?

- 250 mL (1 cup) milk, soy, rice beverage, yogurt drink or shake
- 50 g hard cheese (size of 1/2 deck of cards)
- 2 cheese slices
- 175 g (3/4 cup) yogurt
- 250 mL (1 cup) custard, pudding or frozen dessert

MILK PRODUCTS that should be served MOST OFTEN

- white, strawberry, banana, vanilla, chocolate milk
- hot chocolate made with milk
- long-life (UHT) milk
- instant breakfast powder
- fortified soy, rice beverages
- yogurt
- yogurt tubes
- yogurt beverages
- milk/yogurt smoothies
- hard cheese
- cheese slices
- cottage cheese
- pudding made with milk
- custard
- milk based soup

MILK PRODUCTS that can be served SOMETIMES (3 to 4 times per month)

- whole milk
- reduced-fat eggnog
- fruit shakes
- milkshakes
- yogurt and yogurt drinks over 2 per cent milk fat
- cheese and cracker packages
- high fat cheese
- reduced-fat sour cream
- reduced-fat processed cheese spread
- plain ice cream

OTHER FOODS that can be served RARELY (1 to 2 times per month or less)

These choices offer little nutrition for growing minds and bodies. If small portions of these foods are offered, pair them up with healthier foods when possible.

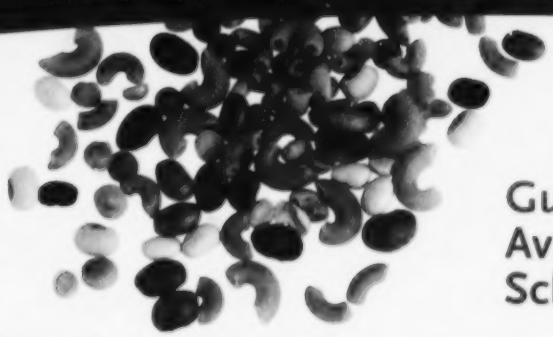
- candy flavored, malted milk
- milks with coffee or tea
- sherbet
- hot chocolate made with water
- ice cream with candy
- cream
- sour cream
- whipping cream
- whipped topping
- cream cheese
- frozen ice cream treats
- non-dairy creamer
- coffee whitener

MILK PRODUCT snacks that are better choices for a canteen or vending machine

- white, strawberry, banana, vanilla, chocolate milk
- yogurt
- string cheese
- cheese sticks
- cheese cubes
- cheese and cracker packages
- pudding made with milk

Tips to make MILK PRODUCT choices more nutritious

- Choose pudding made with milk.
- Use lower-fat milk products. They have the same nutrition with less fat and fewer calories.
- Use milk made from skim milk powder to make soup, macaroni and cheese, hot chocolate or pudding. Dry skim milk powder has the same nutritional value as fluid milk and often it's cheaper.
- If selling large portions of milk (over 250 mL) make screw-top containers available so you don't need to drink it all at once.
- If choosing a soy or rice beverage, make sure it's fortified or you will be missing out on essential vitamins and minerals.
- When serving chocolate milk in cups or from a fountain machine, mix part chocolate milk and part white milk to reduce the sugar content.



Guidelines for Foods Available in K to 12 Schools in Manitoba

MEAT AND ALTERNATIVES

Check labels to choose the healthiest MEAT and ALTERNATIVES

- Choose leaner meat, poultry and fish, as well as dried peas, beans and lentils more often.

Per serving of meat and alternatives, note:

- fat – lean or extra lean choices
- sodium – less than 480 mg

What does a SERVING SIZE of MEAT and ALTERNATIVES look like?

- 50-100 g of meat, poultry or fish (the size of a deck of cards or a computer mouse)
- 50-100 g (1/3 – 2/3 can) of canned meat, poultry or fish
- 1 large or 2 small eggs
- 125-250 mL (1/2 – 1 cup) beans (the size of a light bulb)
- 100 g (1/3 cup) tofu
- 30 mL (2 tbsp) peanut butter (the size of a golf ball)
- 60 mL (1/4 cup) nuts

MEAT and ALTERNATIVES that should be served MOST OFTEN

meat, poultry – baked, grilled, roasted, stir fried

fish, seafood – baked, grilled, canned in water

deli meats – lean turkey, chicken, roast beef, pork

eggs – boiled, scrambled, poached

legumes – peas, beans, lentils

tofu, vegetarian meat alternatives

nuts, seeds. nut butter (peanut butter)

MEAT and ALTERNATIVES that can be served SOMETIMES (3 to 4 times per month)

ham

jerky

canned turkey, ham, chicken

fish canned in oil

pizza

fried eggs

OTHER FOODS that can be served RARELY (1 to 2 times per month or less)

These choices offer little nutrition for growing minds and bodies. If small portions of these foods are offered, pair them up with healthier foods when possible.

sausages

smokies

hot dogs

bacon

bacon bits

pepperoni sticks

pizza pops

canned meats

processed meats – bologna, salami, pepperoni, corned beef, pastrami

chicken wings

deep fried meat, fish, poultry

pogo stick

processed meat pie

turkey roll

gravy

refried beans

chocolate, yogurt covered nuts

sesame snaps

dessert tofu

MEAT and ALTERNATIVE snacks that are better choices for a canteen or vending machine

deli sandwiches

soup and stew

tuna/salmon snack kits

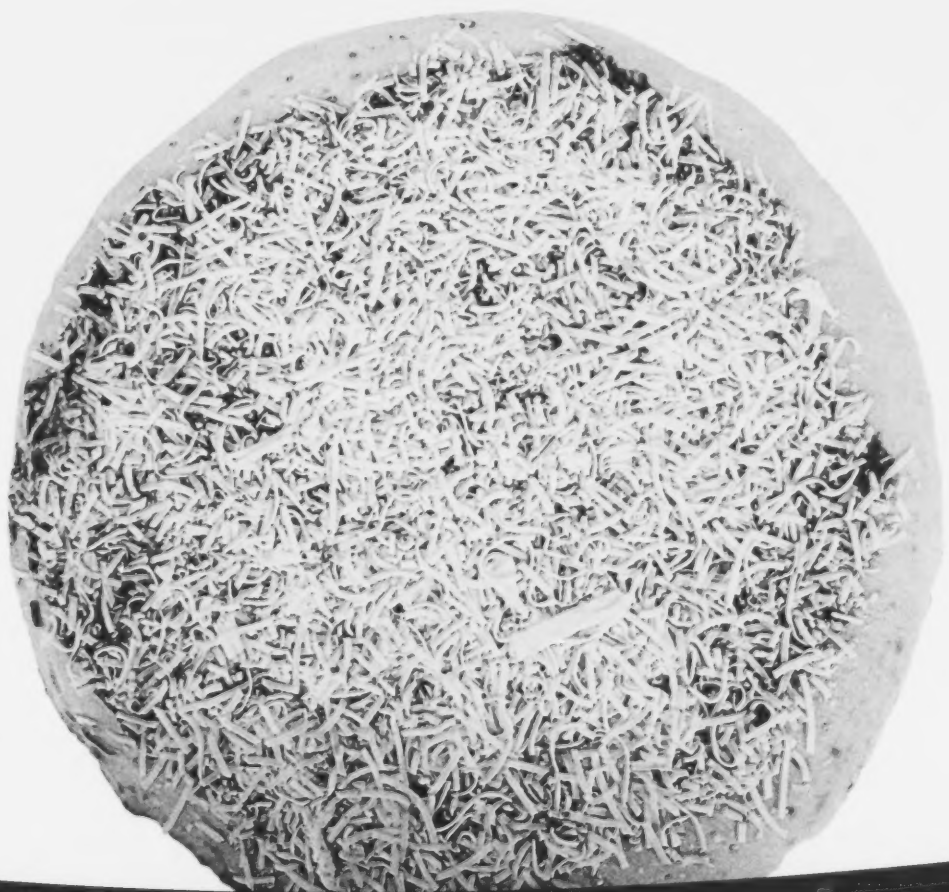
seeds

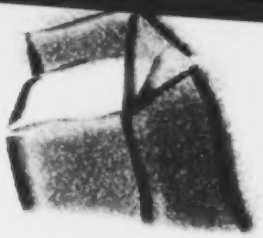
dry roasted nuts

peanut butter

Tips to make MEAT and ALTERNATIVE choices more nutritious

- Cook meat on a raised surface – a grill, broiler pan, baking rack or BBQ – to allow fat to drip away during cooking.
- Include dried or canned peas, beans and lentils in casseroles, soup and stew.
- Regular ground beef can be a lean choice when the fat is drained and rinsed away after browning.
- Choose pizza with part-skim cheese, whole grain crust made with vegetable oil, lean ham, lots of vegetables.
- If using canned fish or meat, rinse it well to remove of some of the salt.
- Read the ingredients when choosing hot dogs. Products with 100 per cent meat or poultry with the shortest ingredient list will most often be the best choice. Try to avoid MSG (monosodium glutamate), nitrates, byproducts, soy or cereal fillers and animal parts.





Guidelines for Foods Available in K to 12 Schools in Manitoba.

BEVERAGES that should be served MOST OFTEN

- water
- milk
- 100 per cent fruit and vegetable juices

What we should know about ENERGY DRINKS

- Energy drinks, with names including adjectives like "rush", "energy", "adrenaline" and "bull" claim to energize the body.
- Energy drinks contain caffeine (listed as guarana, yerba mate, or caffeine), herbs and taurine.
- Energy drinks are NOT recommended for children.
- Energy drinks are not the same as sports drinks.
- The best choices during exercise are water or sport drinks.
- The high sugar content and carbonation of energy drinks can interfere with hydration which makes them a poor choice for use during exercise.
- Proper hydration is the main concern during exercise, especially in the heat.

What we should know about CAFFEINE

- Caffeine is a stimulant.
- Caffeine can be found in coffee, tea, iced tea, cola and chocolate products.
- Too much caffeine can cause nervousness, irritability, difficulty sleeping and rapid heart beat.

For children age 12 and under, Health Canada recommends a maximum daily caffeine intake of no more than 2.5 mg per kg of body weight. Based on average body weight of children this means a daily caffeine intake of no more than:

- 45 mg for children aged four to six
- 62.5 mg for children aged seven to nine
- 85 mg for children aged 10 to 12

For the general population of healthy adults, Health Canada advises a daily intake of no more than 400 to 450 mg. Because there are no set guidelines for children aged 13 to 18, a reasonable estimate may be approximately two mg of caffeine per kg of body weight.

Approximate amounts of SUGAR and CAFFEINE in some common drinks

	SUGAR CONTENT	CAFFEINE CONTENT
1.9 L (super size) cola	260 g (52 tsp)	185 mg
1 L pop	140 g (28 tsp)	80-200 mg depending on type of pop
600 mL bottle of cola	85 g (17 tsp)	62.5 mg
600 mL iced tea	85 g (17 tsp)	50 mg
600 mL fruit drink	80 g (16 tsp)	
355 mL can of cola	50 g (10 tsp)	34.5 mg
250 mL (1 cup) coffee		150 mg
medium iced coffee	60 g (12 tsp)	120 mg

When we do the math: one can of sweetened pop every day for a year is equal to 15.4 kg (76 cups) of sugar.

Getting Started with School Nutrition Policies

School food and nutrition policies outline the standard food sold and served in schools. They ensure good nutrition is promoted in theory and practice and support a positive learning environment for students and staff.

This section includes step-by-step information with samples on how to create a school nutrition policy.

Getting Started with School Nutrition Policies

STEP 1

Form a School Nutrition Action Committee (SNAC). Make sure you have representatives from all groups who will be affected by planned changes. Look for champions – people who are interested in and excited about creating a healthier school. Remember, student involvement is often a key to success.

Tips and Ideas

- school administrators
- home economics teachers
- physical education teachers
- foodservice teachers
- parents
- students
- community dietitians
- health promotion / wellness co-ordinators
- food service providers, vendors and other local business people

STEP 2

Discuss the purpose and goals of your policy. Consider your priorities and capacity for change. Create your own vision statement.

Tips and Ideas

Big picture questions:

- Why is a nutrition policy important to our school?
- How will a nutrition policy play a role in helping our students learn?
- What are our goals?
- Where are we now?
- Where do we want to go?

Discussing the following questions will help your committee establish priorities.

- How much time, money, people and material will the change require?
- Is the change more beneficial than the current way we do things?
- Will the change fit with our school values and culture?
- How easy is it to describe the change you want?
- How much risk does the change involve?
- Can the change be broken down to easy, manageable steps?

STEP 3

Write Your School Nutrition Policy

There are many possible components of a nutrition policy. Choose what best addresses nutrition concerns in your school. You may find you only need to address one or two issues.

STEP 4

Monitor and evaluate the change

You will want to know if your efforts are making a difference. Be sure someone is responsible for monitoring the policy.

Gather data through discussion and surveys to ensure your changes are being accepted.

Questions for students

- Are you aware of the school nutrition policy?
- If you could change one thing about the food at school, what would it be?
- When you eat at school, how do you feel about the choices you have?
- If you could make one change to the nutrition guidelines or school nutrition policy what would it be?

Questions for school staff

- Are you aware of the school nutrition policy?
- Have you noticed any changes in the students since the policy was implemented?
- When you eat at school, how do you feel about the choices you have?
- If you could make one change to the nutrition guidelines or school nutrition policy what would it be?

Questions for parents

- Are you aware of the school nutrition policy?
- Do you allow your child to buy more food at school knowing the choices are nutritious?
- Have you noticed any changes in your child's food habits since the school nutrition policy has been in place?
- Would you like any parts of the school nutrition policy changed?
- Do you feel more improvements could be made to the food sold or provided at school?

SAMPLE VISION STATEMENTS

The Annapolis Valley Regional School Board believes that it must demonstrate leadership and has a responsibility in promoting and supporting good nutrition in schools by ensuring that healthy food choices predominate in school cafeterias, breakfast and lunch programs, canteens, vending machines, snack programs and fundraising activities. The primary focus of school food programs should be to provide opportunities for students to practise healthy eating rather than to encourage profit.

Annapolis Valley Regional School Board
Annapolis Valley, Nova Scotia
www.avrsb.ednet.ns.ca/

The basic aim of our school food policy is to provide nourishing snacks to students and staff. Our food service does not exist primarily as a source of income. We recognize it to be a responsibility of the school to be concerned about the child's health and well being. We recognize the fact that nutrition plays an important part in the total development of a child and the absence of good nutrition results in restless, agitated and fatigued child who is frequently sick and resists disease poorly. As a staff we accept the responsibility of teaching good nutrition both in theory and in practice.

Paradise Elementary
Avalon East School Board
Paradise, Newfoundland
www.paradise.K12.nf.ca/

Good nutrition is important for growth, development and learning. We believe that this school has a responsibility to foster and support healthy eating practices by providing nutrition education for all grades and offering nutritious foods for all food-related events.

Peterborough County, Ontario
www.county.peterborough.on.ca/

The Board recognizes the responsibility of the school in co-operation with the home and community to encourage healthy lifestyles and acknowledge the important role that nutrition plays in the total development and performance of the individual. The School Board also believes that where possible, the food served or sold in schools should reinforce good nutrition as emphasized in the Healthy Living curriculum from the Ministry of Education 1998.

Good Food for Kids
Northwestern Health Unit, in cooperation with area School Councils
Kenora, Ontario
www.nwhu.on.ca/

Children need healthy food for growth and development. It is expected that students be taught the principles of healthy eating as part of the school program. In addition, school meals or snack programs should provide students with the energy required to learn and be physically active each day. Children also learn from what role models say and do. The school environment must support this learning by promoting nutritious and dentally acceptable food choices in canteens, cafeterias, classrooms, and offices.

Frontier School Division
Winnipeg, Manitoba
www.frontiersd.mb.ca/

Lindsay Park Elementary School promotes a healthy active lifestyle through our food program, nutrition education and physical education. Our school will incorporate Canada's Food Guide to Healthy Eating and focus on serving the most nutritious food during classroom and school functions.

Lindsay Park Elementary School
Kimberly, British Columbia

Getting Started with School Nutrition Policies

SAMPLE SCHOOL NUTRITION POLICIES

Defining Nutritious and Non-Nutritious Food

School policies can define clear guidelines for acceptable foods, including food lists and nutrition criteria.

Commencing with the 2006/07 school year, all foods sold and/or served in our school will be based on Guidelines for Foods Available in K to 12 Schools in Manitoba, 2006.

Manitoba School Nutrition Handbook: Getting Started with Guidelines and Policies, 2006

Only snacks belonging to one of the four food groups of Canada's Food Guide to Healthy Eating will be available at school food outlets.

Nutrition Guidelines for Schools
Saskatchewan School Boards Association
Regina, Saskatchewan
www.ssta.sk.ca/

Vending Machines

School policies can address vending agreements, types and amounts of food offered, access to machines, and placement of food and beverages in vending machines.

Commencing with the 2002/03 school year, all beverage vending machines in all Frontier School Division schools will have 50 per cent product in the form of 100 per cent unsweetened fruit juices and/or vegetable juices and/or water.

Commencing with the 2002/03 school year all food product vending machines in all Frontier School Division schools will have 50 per cent product chosen from [the] ... Choose and Serve Most Often list.

Frontier School Division
Winnipeg, Manitoba
www.frontiersd.mb.ca/

That where "Choose Rarely" items are offered for sale, equal space/number allotment for "Choose Often" and "Choose Occasionally" items must be provided, and competitively priced.

Good Food for Kids
Northwestern Health Unit, in cooperation with area School Councils
Kenora, Ontario
www.nwhu.on.ca/

Vending Machine Services

a) Generally vending machines are acceptable in middle and secondary schools.

b) Parents (PAC), staff and students must be consulted prior to vending machines being installed in schools (present vending machines are grandfathered).

c) Vending machine contracts must be approved by the Superintendent or designate.

d) Healthy foods, consistent with the Healthy Food Guide ... must make up the majority of choices in the machines when possible.

e) Healthy foods, consistent with Canada's Food Guide to Healthy Eating must be identified predominantly on the vending machine.

f) Healthy foods must be priced significantly lower than foods high in sugar, saturated and trans fats and salt (research shows minimum 15 per cent makes a difference in point of purchase).

g) Advertising on vending machines must support healthy choices.

Sooke School District 62
Victoria, British Columbia
www.sd62.bc.ca/

Special Events

School policies can guide the types of food offered at special lunches, class parties, field trips and appreciation lunches.

School community members will be encouraged to bring only food belonging to one or more of the four food groups of Canada's Food Guide to Healthy Eating for class parties, recess snacks and lunches.

Maple Leaf School
River East Transcona School Division
Winnipeg, Manitoba
www.ml.retsd.mb.ca/

Although healthy foods should be promoted for daily consumption, as well as on celebration days, it is recognized that schools need to be flexible for celebration days.

PEI Healthy Eating Alliance
Charlottetown, Prince Edward Island
www.gov.pe.ca/peihea/

Cafeterias and Canteens

School policies can address the types of food offered and set guidelines.

Foods and beverages sold or made available at school for lunch, canteen, and snack programs will be selected from the "Foods to Serve Most Often" or "Foods to Serve Sometimes" lists and will emphasize vegetables and fruit; lower fat white and chocolate milk; whole grain products; lean meats; foods prepared with little or no fat; and foods low in salt, sugar, and caffeine.

PEI Healthy Eating Alliance
Charlottetown, Prince Edward Island
www.gov.pe.ca/peihea/

Only nutritious foods shall be sold in this school. Those foods which are high in calories and low in nutrients shall not be provided for sale or consumption at school.

Paradise Elementary
Avalon East School Board
Paradise, Newfoundland
www.paradise.K12.nf.ca/

Pricing and Promotion

School policies can influence the appropriate pricing, promotion and advertising of nutritious food.

Nutritious foods are competitively priced and appropriately promoted and advertised.

Nutrition Guidelines for Schools
Saskatchewan School Boards Association
Regina, Saskatchewan
www.ssta.sk.ca/

Foods with maximum and moderate nutritional value sold in school will be priced as close to cost as practical.

New Brunswick Department of Education
Fredericton, New Brunswick
www.gnb.ca/0000/

Support healthy food choices by providing affordable, nutritious food.

Annapolis Valley Regional School Board
Annapolis Valley, Nova Scotia
www.avrsb.ednet.ns.ca/

Classroom Rewards

School policies can address alternatives to the use of food as a reward in the classroom.

Schools should not offer less healthy foods (e.g. candy, soft drinks, chips) as a reward to students for good behavior, achievement, or participation in fundraising activities.

PEI Healthy Eating Alliance
Charlottetown, Prince Edward Island
www.gov.pe.ca/peihea/

Schools are encouraged to choose fundraising activities, rewards and incentive programs which do not compromise student's healthy food choices.

Annapolis Valley Regional School Board
Annapolis Valley, Nova Scotia
www.avrsb.ednet.ns.ca/

Fundraising

School policies can address suitable options for fundraising.

In school, fundraising does not rely on the sale of non-nutritious foods.

Nutrition Guidelines for Schools
Saskatchewan School Boards Association
Regina, Saskatchewan
www.ssta.sk.ca/

Food Security

School policies can address breakfast or snack programs to ensure no child goes hungry.

Breakfast programs should be open to all students, but should not encourage students to replace breakfasts normally eaten at home.

Annapolis Valley Regional School Board
Annapolis Valley, Nova Scotia
www.avrsb.ednet.ns.ca/

Schools are encouraged to provide breakfast or snack programs when a need is identified, which will: 1) be open to all students but will not be promoted as a replacement for breakfast eaten at home; and 2) will follow Best Practice Standards from Breakfast for Learning.

PEI Healthy Eating Alliance
Charlottetown, Prince Edward Island
www.gov.pe.ca/peihea/

Only nutritious foods are served to children requiring supplemental feeding (e.g. emergency food, breakfast or lunch programs).

Nutrition Guidelines for Schools
Saskatchewan School Boards Association
Regina, Saskatchewan
www.ssta.sk.ca/

Eating Environment

School policies can address mealtime issues for seating, opportunity for socialization, hand washing, time for eating and eating after play time.

Our school will work towards creating a pleasant eating environment which includes appropriate supervision, including adequate time and space to eat school meals.

Manitoba School Nutrition Handbook: Getting Started with Guidelines and Policies, 2006

Schools shall: 1) Allow a minimum of 20 minutes for students to eat lunch; 2) Encourage that foods are eaten after outside play, whenever possible; 3) Assure that lunch is eaten in a calm positive atmosphere.

PEI Healthy Eating Alliance
Charlottetown, Prince Edward Island
www.gov.pe.ca/peihea/

Teachers and Parents as Leaders

School policies can address the importance of teachers and parents modeling healthy eating.

School administrators, all staff and school community partners should promote the consumption of foods with maximum nutritional value on school premises. This includes modeling healthy eating behavior.

New Brunswick Department of Education
Fredericton, New Brunswick
www.gnb.ca/0000/

Recognizing the importance of role modeling in promoting healthy eating, teachers, administrators, and school staff should act as role models to promote healthy eating within the classroom and school environment.

PEI Healthy Eating Alliance
Charlottetown, Prince Edward Island
www.gov.pe.ca/peihea/

Food Allergies and Food-Related Chronic Disease

School policies can address food allergies and special dietary concerns.

Ensure that food service staff/volunteers are made aware of food allergies and guidelines for supporting children with food related chronic diseases (e.g. diabetes and celiac disease). However, it is the responsibility of the child and their family to make informed food choices from the food available.

Annapolis Valley Regional School Board
Annapolis Valley, Nova Scotia
www.avrsb.ednet.ns.ca/

Food Service Contracts

School policies can set requirements for catering companies and vendors operating in the school.

Contracts with food providers will be evaluated, in large part, based on their provision of nutritious menu options.

New Brunswick Department of Education
Fredericton, New Brunswick
www.gnb.ca/oooo/

Our school will not enter into an exclusive soft drink contract.

Nutrition Guidelines for Schools
Saskatchewan School Boards Association
Regina, Saskatchewan
www.ssta.sk.ca/

Food Packaging and Waste

School policies can address the reduction of food packaging and food waste disposal.

Cut down on garbage. Opt for buying bulk and storing in reusable containers. Avoid single serving packages. Set up recycle bins at school. Limit the use of non-recyclable serving utensils.

Capital Health, Nova Scotia
Halifax, Nova Scotia
www.cdha.nshealth.ca/

Food Safety

School policies can address the safe preparation and handling of food.

Administrators will ensure that school staff and parent volunteers are familiar with safe food handling practices. Schools will adhere to the Provincial Anaphylaxis Policy. Students should wash their hands before eating.

PEI Healthy Eating Alliance
Charlottetown, Prince Edward Island
www.gov.pe.ca/peihea/

Any personnel responsible for preparing and serving food should have successfully completed a food safety program within the past five years. The actual training requirements and procedures for each school should be discussed in consultation with the food safety specialists. Where applicable, employees must have access to one day WHMIS training.

Annapolis Valley Regional School Board
Annapolis Valley, Nova Scotia
www.avrsb.ednet.ns.ca/

Prepare and serve foods in accordance with food safety standards as outlined by the Department of Agriculture, Marketing and Fisheries. This may require the need for a Food Establishment license. Food Safety Specialists from the Department of Agriculture, Marketing and Fisheries are available to work with individual schools to ensure food safety standards are met.

Annapolis Valley Regional School Board
Annapolis Valley, Nova Scotia
www.avrsb.ednet.ns.ca/

Local Food Producers and Suppliers

School policies can encourage and support local businesses.

Buy and serve locally grown foods. Use of local foods cuts down on the energy used during transportation and supports the local economy. Use fresh produce in season.

Capital Health, Nova Scotia
Halifax, Nova Scotia
www.cdha.nshealth.ca/

Schools should try to use local products first, where possible.

PEI Healthy Eating Alliance
Charlottetown, Prince Edward Island
www.gov.pe.ca/peihea/

TWO SAMPLE SCHOOL NUTRITION POLICIES CURRENTLY IN USE IN MANITOBA

MAPLE LEAF SCHOOL, WINNIPEG, MANITOBA

Philosophy Statement:

Maple Leaf School recognizes its responsibility in co-operation with the home and community to encourage healthy lifestyles and acknowledges the important role that nutrition plays in the total development and performance of the individual.

Maple Leaf School also believes that the food served or sold in schools should reinforce good nutrition as emphasized in the Manitoba Physical Education/Health Education Curriculum 2001.

Rationale:

Nutrition plays a significant role in growth and development, resistance to disease, and physical and mental health. It is important for children to have food that is nutritionally well balanced. Research clearly shows that many chronic diseases such as heart disease, diabetes, and cancer have their roots in childhood and early food habits. Research also demonstrates a relationship between nutrition, and children's physical, emotional and intellectual readiness to learn. The school's role in health promotion and disease prevention is significant.

A significant number of children do not receive enough essential nutrients to support growth and good health. Short-term effects of malnutrition are tiredness, irritability, inattentiveness, and increased susceptibility to colds, flu, and infections.

Long term effects include underachievement in school, poor self-esteem and continuing poor health.

Policy:

Maple Leaf School will continue to promote healthy eating and active living through

our food programs, nutrition education and physical education. We will ensure that all decisions involving food and drink at Maple Leaf School will be carried out in the best interests of our children and our school community needs. Our continuing education will incorporate *Canada's Food Guide to Healthy Eating* and the Manitoba Physical Education/Health Education Curriculum and will focus on nutritional foods during classroom and school functions.

- Fundraising in the school will not rely on the sale of non-nutritious foods.
- Our school will offer milk, fruit juice, and water for sale to students and staff. Soft drinks will not be sold to students.
- School community members will be encouraged to bring only food belonging to one or more of the four food groups of *Canada's Food Guide to Healthy Eating* for class parties, recess snacks and lunches.
- School groups will be encouraged to offer healthy lunch choices on special lunch days.
- Our school will continue to promote active living choices throughout the school year.

FRONTIER SCHOOL DIVISION POLICY HEALTHY FOODS IN SCHOOLS AND OFFICES

Children need healthy food for growth and development. It is expected that students be taught the principles of healthy eating as part of the school program. In addition, school meals or snack programs should provide students with the energy required to learn and be physically active each day. Children also learn from what role models say and do. The school environment must support this learning by promoting nutritious and dentally acceptable food choices in canteens, cafeterias, classrooms, and offices.

The following regulation will outline the standard that Frontier School Division Board has established for foods served and sold in schools. This policy does not impact on lunches, snacks, etc. which students or staff members are bringing from home. It is hoped that this policy will encourage students and staff to begin thinking about healthier food choices in their day-to-day life both in and out of school.

It is expected that Frontier School Division offices will follow the...regulations relating to the sale and serving of food and beverages.

Healthy Foods in Schools and Offices

1. Each school within Frontier School Division will form a Healthy Foods Committee by

September 30 of each school year. This committee will be the school committee with one student representative, and a school staff representative. This committee will meet on a regular basis to monitor the implementation of the Healthy Foods policy in the school. This committee will provide ongoing evaluation/comments to the Frontier School Division Healthy Food Steering Committee.

2. Commencing with the 2002/03 school year, all beverage vending machines in all Frontier School Division schools will have 50 percent product in the form of 100 percent unsweetened fruit juices and/or vegetable juices and/or water. At the end of the 2002/03 school year an evaluation of this recommendation will be conducted with the possibility of 100 percent product in unsweetened juices and/or water being required for the 2003/04 school year.

3. Commencing with the 2002/03 school year, the standard ...will be met for all foods sold and/or served at all Frontier School Division schools and sold and/or served at all Frontier School Division fundraising events. This applies to all schools that choose to operate a cafeteria, canteen, or provide fundraising activities.

4. Schools that choose to operate a canteen and/or cafeteria and choose to provide fundraising activities shall incorporate the principles outlined in Canada's Food Guide to Healthy Eating (1992) and Canada's Guidelines for Healthy Eating (1991).

5. Commencing with the 2002/03 school year all food product vending machines in all Frontier School Division schools will have 50 percent product chosen from [the]..."Choose and Serve Most Often" list.

6. The Healthy Foods Committee will assist the local school administration in making decisions regarding food allergies for the local school.

7. All Frontier School Division school fundraising activities involving the sale of food or beverage items will incorporate the Healthy Foods policy.

8. Implementation Guide and Steering Committee.

    - An implementation guide to assist schools in the Healthy Foods policy will be developed by Frontier School Division Healthy Foods Steering Committee and will include evaluation tools, menu planning, sanitation code information, fundraising suggestions, marketing and promotion of healthy eating suggestions, and central ordering procedures for small remote communities.

    - The Frontier School Division Healthy Foods Steering Committee will be comprised of the Frontier School Division Health and Wellness Coordinator, Regional Health Authorities dietitians and two designated representatives from Frontier School Division.

9. Once a month a special food day should be incorporated into canteen servings. Possible suggestions will be outlined in the implementation guide.

Dealing With Challenges

You will find many supporters for healthier food options in schools. However, there may be concerns expressed about some of the proposed changes. The following section identifies a few of these concerns and offers suggestions on how to deal with them.

WHAT PEOPLE SAY ABOUT FUNDRAISING

- One view might be that policies infringe on the ability of schools to raise funds.
- A response to that could be to say fundraising should support a healthy school culture.

A common argument is that the profits from food fundraising are used to fund student programs.

Fundraising for schools is often a case of doing what has been done in the past, without a critical look at what message is being sent to students, teachers and parents. Food used for fundraisers has traditionally been inconsistent with healthy eating messages. Healthy nutrition teachings are contradicted when foods such as chocolate bars, candies and donuts are sold through school fundraisers. For students making decisions about fundraising, this is a wonderful opportunity to demonstrate how practices can be consistent and support school teachings.

Fundraising for student programs is a reality today, yet we have a responsibility to ensure that healthy eating and active living messages and practices are consistent. For example, athletic programs encourage fitness but fitness cannot be achieved on a diet high in sugar, fat and salt. Fundraising efforts can be just as successful with healthier food and activities.

Local or national corporations are interested in supporting communities/schools in their health and wellness initiatives. Partnerships can be win-win situations for all parties involved without compromising healthy eating and active living values. For example, selecting healthier foods for vending machines and canteens or ensuring balanced food choices on special food days.

The cost of a program is the same whether the parent/student pays outright or subsidizes the cost through fundraising. Buying a product/service to raise funds for a program adds value for the parent/student while giving the business involved an opportunity to contribute to the community and to promote its product/service. The balance lies in which

products/services are promoted. The key is to ensure that messages and practices are consistent with values around healthy eating and active living.

It is shortsighted to fund our schools at the expense of our children's health. In the long run, we are sure to spend more on diet-related health-care costs than we can raise selling sodas and food of poor nutritional value in schools.

A common argument is that there are no profits in nutritious food because students won't buy them.

This old argument has been proven wrong time and time again in schools. Good marketing techniques and teenagers' interest in looking good and being fit are a winning combination.

Teens will buy healthy food if healthy food is available.

Work on making healthy food taste better and look more attractive. Make healthy food more available and convenient while teaching good habits at an early age.

Consider selling healthy food at a lower price. At least one study showed that healthier choices sold at reduced prices were associated with significant increases in sales.

WHAT PEOPLE SAY ABOUT STUDENT CHOICE

- One view might be, give students a wide choice of food and educate them to make wise choices.
- A response to that could be, give students a range of healthy food from which to choose.

A common argument is that students have the right to choose whatever they want.

Students need to be supported in developing skills to make wise choices. Healthy eating choices, like other healthy lifestyle choices such as being physically active, being tobacco free and playing safely, require knowledge and support to become life-long habits.

Healthy choices need to be just as available and appealing as unhealthy choices. They also need to be competitively priced and promoted. The school nutrition environment should support and reinforce nutrition education in the classroom. Offering children low-nutrition food and beverages in schools sends them the message that good nutrition is not important.

WHAT PEOPLE SAY ABOUT POLICY INTERPRETATION

- One view might be, that since there is no bad food, it is not necessary to exclude anything.
- A response to this may be to say that unhealthy choices should not be promoted at school.

A common argument is that no food is a bad food.

Developing a healthy eating pattern in childhood is crucial to establishing good life long habits. Availability and promotion of healthy food choices in schools eliminates inconsistencies and confusing messages about food and health.

Increasing the availability of healthy eating choices in schools can support children in reversing the current trend of poor eating habits. Focusing on foods from *Canada's Food Guide to Healthy Eating* supports children in eating whole grains, obtaining enough milk and milk products and making healthy snack and lunch choices.

A common argument is children will buy unhealthy snacks down the street.

Notwithstanding what food choices students may have outside of school, providing nutritious food choices at school makes good health sense and gives a consistent message with nutrition theory taught at school.

WHAT PEOPLE SAY ABOUT POLICY IMPLEMENTATION

- One view might be that the way to implement a policy is not through a top-down approach.
- A response to this may be that effective implementation can happen when everyone gets involved.

Manitoba emphasizes the importance of the whole school community working together to develop an approach that suits local needs, circumstances and capacities.

Additional Resources

Visit the Manitoba School Nutrition website for further information and updates.

http://www.gov.mb.ca/healthyschools/foodinschools

PARENT INFORMATION

Sample Content For Newsletters

Did you know ...

- Healthy eating helps children grow, develop and do well in school.
- Eating breakfast, at home or school, improves children's memory, concentration levels, problem-solving abilities and creative thinking.
- A healthy diet makes children more settled, attentive and ready to learn.
- Healthy eating helps prevent child and adolescent health problems such as obesity, diabetes and tooth decay.

As a parent do you know the answer to these five questions?

1. Does the school have a School Nutrition Action Committee?
2. Who decides "what's for lunch" in school?
3. Who decides what and when food is sold in vending machines or the school store?
4. Who makes decisions about what foods can be sold as part of fundraising activities?
5. Is your child rewarded at school with candy or other food items?

Call the school office to get involved in promoting healthy eating in our school.

Sample Parent Letter

Dear Parent/Guardian

We are excited to tell you about changes we will be making to the food and drinks available at our school. We are learning more about the link between healthy eating, learning and health, and want to make the healthy choices easy for your child in our school.

We are writing a nutrition policy with the help of a school nutrition action committee. We will be promoting foods which can be available MOST often, which are healthy choices, foods which can be available SOMETIMES (3-4 times per month), which are good choices but higher in fat, salt and/or sugar, and foods which can be available RARELY (1-2 times per month or less) because they are not very nutritious and are high in fat, salt and/or sugar.

No foods are banned from school and we will occasionally have treats at special events. However, we will be making healthy choices most of the time.

This process will be a learning experience for all of us and with your support, we can provide a healthy, safe learning environment for our entire school community. Please contact me if you have any questions, concerns or suggestions, or if you would like to join our nutrition action committee

MARKETING TIPS

All schools serve food at some time during the school year. Less healthy food choices can be good sellers, but healthier options can be just as popular. There are plenty of healthy food choices available for school food programs. Introducing new food choices in the school environment requires some planning and management for gaining students' acceptance. Here are some ideas to make healthy choices the popular choice.

Ask First

A key component to successfully adding healthy food options to your menu is to involve students in selecting food choices. Asking students what healthy food they would like served at school keeps them involved and makes them more likely to select the new food choices. However, it is a good idea to provide guidance for students. Instead of asking students what food they want sold at school, provide a list of possible healthy options and have them rank their favorites.

Remember that making major changes all at once can backfire, and students may resist new things. Changing traditional school food options should be done gradually.

Taste Testing

Before adding a new food selection to your menu, offer students the opportunity to sample it first. Young people often think they do not like a food because they have never tried it before. It's also important to remember that students often need to be exposed repeatedly to a food before they will accept it – sometimes between eight and 15 times.

Get Students Involved

Students are more likely to accept food choices when they are involved in preparing the food or even distributing it. The food service arrangements in each school will determine how involved students can be.

Easy Marketing Strategies

- Use baskets, interesting arrangements, colorful food choices and garnishes and place healthy options in a prominent area. If food looks attractive and appetizing people are more likely to choose it.
- Place nutritious food right at eye level where students can see it.
- Have vegetable and fruit promotion specials.
- Offer a frequent buyer card (e.g. Buy five fruit cups and get the sixth free).
- Distribute discount coupons to encourage students to buy healthy food.
- Offer discount days (e.g. Thirsty Thursday with milk and juice for 50¢).
- Try point of purchase messages to draw attention to food items and give information to increase knowledge and influence food choices. Try labels, cards, or table tents and change every week or two. Use vibrant colors and positive messages that indicate the rewards of great taste.
- Offer draw prizes for those having a healthy combo meal.
- Have theme days (e.g. Indian, Greek, Italian, etc.). Decorate the cafeteria and play appropriate music.
- Design a special cafeteria surprise pick. Label one food item with a marker recognizable to staff. The student who chooses it gets the item for free. The award can be accompanied by loud music or noise to draw students' attention. Promote the food item later in newsletters or over the public address system.

Familiar favorites such as hamburgers and pizza do not necessarily need to be removed from the menu, but minor changes can be made to make them healthier. Serve hamburgers with side salads or vegetable sticks instead of fries; make pizzas with lower-fat cheese and add more vegetable toppings.

FUNDRAISING IDEAS

Raising funds is a great way to educate children about healthy eating and to promote a healthy school image. Following are some fundraising options that schools in Canada are trying:

Food Sales

- citrus and other fresh fruit
- spices
- dried or roasted beans, lentils and peanuts
- nuts and seeds
- canned or dried fruit
- cheese
- soup-making kits with a bag of vegetables, such as cabbage, carrots, turnip and potatoes, and a packet of pre-portioned seasonings
- pasta and sauce kits
- frozen food items (e.g. skinless chicken breasts, vegetables)
- coffee beans
- different varieties of tea
- low fat muffin mix
- food gift baskets

Gifts And Other Items

- raffle tickets, raffle gift baskets with different themes (Italian, kitchen, bathroom, etc.)
- cookbooks (collect recipes from families and create your own publication)
- other compilation books (children's stories)
- garbage bags: blue for recyclable items and biodegradable for compost
- bulbs, bedding plants, fresh flowers, flower baskets, Christmas baskets, Easter baskets (approach local suppliers)
- greeting cards designed by students (consider having them printed professionally)
- singing telegrams, balloon-o-grams, flower grams
- clothing or other merchandise (cups, pens, etc.) with school logo
- candles
- gift wrap
- temporary tattoos
- first aid kits (make your own or buy some)
- bookmarks
- collect empty printer cartridges for recycling
- items from a catalogue

Events

- dinner theatres (with school band performing)
- book fairs
- dances
- auctions
- rummage and garage sales
- sport tournaments
- children's fun fair, craft fair
- car washes

Additional Resources

CURRICULUM CONNECTION

Specific learning outcomes related to nutrition appear in the following subject area curricula:

- Physical Education/Health Education (PE/HE) in grades K, 1, 2, 3, 4, 6, 8 and 10
  www.edu.gov.mb.ca/k12/cur/physhlth/index.html
- Science curriculum in grades 2, 5 and in grade 11 Biology
  www.edu.gov.mb.ca/k12/cur/science/scicurr.html
- Home Economics curriculum for middle and senior years students.

Additional Resources

ADDITIONAL SUPPORT

A new Manitoba School Nutrition web site has been developed to complement this resource and to provide additional ideas, resources and case studies.
Visit www.gov.mb.ca/healthyschools/foodsinschools

School Nutrition Information Line

Need more help with guidelines and policies? Call 1-888-547-0535 toll free to get assistance from the school nutrition support team.

Food and nutrition teachers in middle and senior schools have specific university training in human nutrition; their expertise makes them a great resource.

Provincial contacts for reliable nutrition information and resources from registered dietitians

Dairy Farmers of Manitoba
Winnipeg, Manitoba
204-488-6455
1-800-567-1671
www.milk.mb.ca

Dietitians of Canada
Winnipeg, Manitoba
204-235-1792
www.dietitians.ca

Heart and Stroke Foundation of Manitoba
Winnipeg, Manitoba
204-949-2000
www.heartandstroke.ca

Manitoba Council on Child Nutrition
Winnipeg, Manitoba
204-453-6060
(special focus on healthy vending and breakfast/snack programs)

Contact your local Community Dietitian, Health Promotion Coordinator, Home Economist or Wellness Facilitator

Assiniboine Regional Health Authority
Souris, Manitoba
1-888-682-2253
www.assiniboine-rha.ca
Community Nutritionists
204-328-7101 and 204-523-3234

Brandon Regional Health Authority
Brandon, Manitoba
204-571-8446
www.brandonrha.mb.ca
Community Nutritionist
204-571-8399

Burntwood Regional Health Authority
Thompson, Manitoba
204-677-5355
www.brha.mb.ca

Central Regional Health Authority
Southport, Manitoba
204-428-2000
www.rha-central.mb.ca

Churchill Regional Health Authority
Churchill, Manitoba
204-675-8318
www.churchillrha.mb.ca

Interlake Regional Health Authority
Stonewall, Manitoba
204-467-4742
www.irha.mb.ca
Community Health Promotion Coordinator
204-886-4316

NOR-MAN Regional Health Authority
Flin Flon, Manitoba
204-687-1336
www.norman-rha.mb.ca

North Eastman Health Association Inc.
Pinawa, Manitoba
204-753-3101
www.neha.mb.ca

Parkland Regional Health Authority
Dauphin, Manitoba
www.prha.mb.ca
Community Health Nutritionist
204-629-3002

South Eastman Health/ Sante Sud-Est Inc.
La Broquerie, Manitoba
204-424-5880
www.sehealth.mb.ca

Winnipeg Regional Health Authority

Winnipeg, Manitoba
www.wrha.mb.ca

Assiniboine South
204-940-1950

Charleswood/Assiniboine
204-940-2005

Downtown
204-940-2274

Fort Garry
204-940-2015

Point Douglas
204-940-2025

River East
204-938-5000

River Heights
204-938-5500

St. Boniface
204-940-2035

St. James/Assiniboia
204-940-2040

St. Vital
204-255-4840

Seven Oaks
204-940-2050

Transcona
204-938-5555

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